



# Priory Hospital Hayes Grove

## Coaching for parents of children with ADHD

**Parenting a child with attention deficit hyperactivity disorder (ADHD) can present unique challenges and sometimes comes with stress and difficulties that make it hard to enjoy the everyday moments with your child.**

This group aims to support you in developing up-to-date, evidence-based strategies, to best support your child and their needs.



### Programme overview

This programme will give you the opportunity to learn strategies from a qualified therapist, whilst also giving you the opportunity to connect with other parents who may be facing similar challenges.

This six-session course will focus on:

- + Increasing your understanding of ADHD and what this may mean for you and your child
- + Understanding and exploring evidence-based models of parenting to help support young people with ADHD
- + Learning communication strategies to improve communication between you and your child
- + Learning skills to help deescalate challenging behaviours your child may experience
- + Learning evidence-based strategies to manage common challenges present in ADHD such as procrastination, starting tasks, changing activities, and emotion regulation

## Who could benefit from this programme?

This programme is designed to support parents with children between the ages of 5 and 14 years old who have been diagnosed with, or have been identified by a health professional, as displaying traits of ADHD.

Does your child struggle with big emotional outbursts? Does your child struggle to maintain concentration on one task or instantly forget instructions? Does your child find it challenging to organise their daily tasks or expected routines?

If the answer is yes to any of the above, this programme will be beneficial to you.



## Course timetable

- + **Session 1:** What is ADHD and how does this impact me and my child?
- + **Session 2:** Communication strategies and managing challenging behaviours
- + **Session 3:** Developing distress tolerance strategies for your child
- + **Session 4:** Establishing effective routines
- + **Session 5:** Supporting your child with procrastination and completing tasks
- + **Session 6:** 1-to-1 session with your therapist to troubleshoot and further tailor your new skills to your child



## Referral process

Those wishing to attend will be invited to a one-off free assessment with a qualified therapist, prior to joining the programme, to help us understand you and your child's needs.

For more information on costs, to discuss all therapy options, or to book a free daycare assessment, please contact Priory Hospital Hayes Grove:

**Tel: 020 8462 7722**

**Email: [hayesgrove@priorygroup.com](mailto:hayesgrove@priorygroup.com)**

For the most up to date information on our services, please visit our website.

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